



# **Kingsport Senior Center News**

**February 2015**

**Volume XXIII Edition 2**

**1200 East Center Street**

**Kingsport, Tennessee 37660**

## **2015 KSC DOG SHOW**

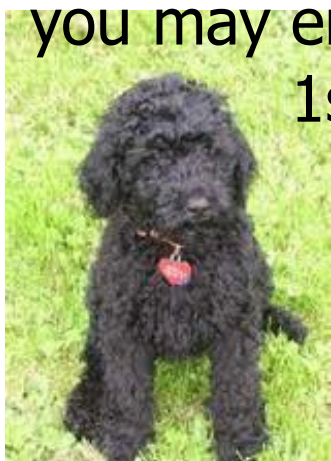
**Tuesday, February 24**

**12:30p.m.-1:30p.m.**

**First Floor Atrium**



Does your dog do an amazing trick? Does your dog look like a celebrity? Does your dog look like you? These are just a few of the many categories you can enter your dog in at the Kingsport Senior Center dog show! We will have 10 different categories and you may enter your dog in as many categories as you would like. 1st, 2nd, and 3rd place prizes will be awarded.



No pre sign-up required. Just sign up the day of the show and bring a donation for the local animal shelter such as food, cleaning products, etc.



# Center News

### Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments,, and questions from members.

### Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

**The Kingsport Senior Center is located at  
1200 E. Center Street at the Renaissance Center.**

**For more information call the Center at (423) 392-8400**

### Center Hours

**Monday thru Friday 8:00am ~ 7:00pm  
Saturday 9:00am ~ Noon**

**Lynn View Senior Center Branch Site  
257 Walker Street  
Kingsport, TN 37665  
(423) 765-9047**

**Hours: 9am to 2pm - Monday-Wednesday  
Closed: Thursday and Friday**  
(See Branch Site Page for more information)

**\*The Exercise Room and Computer Lab will close  
15 minutes prior to the closing of the Center.**

**Membership Dues  
For Fiscal Year  
July 1, 2014-June 30, 2015**

\$15 ~ Kingsport Residents  
\$35 ~ Sullivan County Residents  
\$60 ~ Out-of-County Residents

**Must be at least 50 years of age to join.**

**"The Fun Begins at 50!"**

### Kingsport Senior Center Staff

Director ~ Shirley Buchanan  
shirleybuchanan@kingsporttn.gov  
392-8403

Lori Calhoun ~ Secretary  
loricalhoun@kingsporttn.gov  
392-8400 **FAX 224-2488**

Wellness Coordinator ~ Kevin Lytle  
kevinlytle@kingsporttn.gov  
392-8407

Program Leader ~ Michelle Tolbert  
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392-8404

Program Leader ~ Marlana Williams  
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392-8405

Program Assistant ~ Jane Whitson  
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392-8406

Program Assistant ~ Amber Quillen  
amberquillen@kingsporttn.gov  
343-9713

Branch Program Assistant ~ Patti Blackwell  
765-9047

Nutrition Site Manager ~ Rosanna Thacker  
246-8060

WELLNESS

WELLNESS SEMINARS

**Preventative Screening:** Dr. Ayesha Kamal. with ETSU Family Medicine will be at the Center on **Tuesday, February 17, 2015** at 12:30 pm in the Card Room. Topic of discussion will be "Preventative Screening": This seminar will cover various preventative care screenings and the ages at which they must be done and what ages you can discontinue doing them. This is an event you will not want to miss, so mark your calendar and plan to attend!

**The Sweet Spot:** Ashley Bates with Cave’s Drug Store will be at the Center on **Tuesday, February 24 2015** at 12:30 pm in the Card Room. Topic of discussion will be "The Sweet Spot, Peaks & Valleys: Controlling Your Blood Sugar". If you’re living with diabetes, controlling your blood sugar can sometimes feel like a series of peaks and valleys. From high blood sugar moments after dinner to low blood sugar events in the morning, wildly fluctuating blood sugar values can affect your everyday life! In this exciting and informational class, we’ll learn key ways to prevent highs and lows as well as key symptoms to look for with dangerous blood sugar values.

Woodshop Special Project Class

Gary Albertson, Johnny Clark, and Ron Russum will be teaching a Woodshop Special Projects Class on Thursdays and Fridays for 4 weeks from 9:00 am to 1:00 pm starting **February 12, 2015 to March 6, 2015** in the woodshop. You will make three items a Bird House, Cutting Board, Platter, or Turn-A-Bowl made with Hickory, Maple, or Walnut wood. Cost is \$100.00, which covers all your materials; with half due on the first day of class paid to the instructor and the final payment is due on the last day. Sign-up in the office. We must have a minimum of 8 sign up for class to be held.

Woodshop Hours & Safety Class

Woodshop hours of operation are Monday, Tuesday, and Wednesday from 8:30 am to 3:00 pm. Woodshop safety class is held every 1st Monday of the month in the Woodshop from 9:00 am to 11:30 am, the Woodshop will open at 12:00 noon the day of safety class. The Woodshop safety class is mandatory if you want to use the equipment, sign up in the office to take the safety class.

Hope Quote of the Month

*Hope is definitely not the same thing as optimism. It is not the conviction that something will turn out well, but the certainty that something makes sense, regardless of how it turns out.*

~ Vaclav Havel

TOURNAMENTS

**Table Tennis Tournament:** Come join us for a table tennis tournament on **Wednesday, February 25, 2015** at 1:00 pm in the Gym. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 10 to sign up for tournament to be played. Deadline for sign ups is Friday, February 20, 2015.

**Shuffleboard Tournament:** We invite all shuffleboard players to show off your skills on **Wednesday, March 25, 2015** at 9:30 am. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. We will only use one side of the score board. Cost is \$2.00 per person due day of tournament. We will need at least 10 to sign up for tournament to be played. Sign ups start on February 25, 2015.

**Corn Hole Toss Tournament:** Come join us for a corn hole toss tournament on **Friday, April 17, 2015** at 12:00 pm in the Gym. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 10 to sign up for tournament to be played. Sign ups start on March 25, 2015.

Tennessee Lady Vols Basketballs

Come join us as we travel to Knoxville on **Sunday, February 15, 2015** for the Lady Vols vs. Kentucky, **(LIVE PINK, BLEED ORANGE GAME)**. This game we will be seated in **Section 130**. Cost is \$38.50, which includes your ticket and transportation. We will depart the Senior Center at 9:45 am with lunch on your own at Puleo’s Grille in Strawberry Plains. We have 45 tickets available and a (2) ticket limit per person, sign-up in the office.

RAISING CANE

Is it breakfast or dessert? A study by the Environmental Working Group found that ***two out of three cereals are made up of at least 26 percent sugar by weight.***

- HONEY SMACKS – 56%
- FROOT LOOPS - 41%
- FROSTED FLAKES - 37%
- HONEY NUT CHEERIOS - 32%
- FROSTED MINI-WHEATS (Maple & Brown Sugar) - 25%

STOP THE POP

Soda layers on the worst kind of lard. ***Soft drinks may lead to dangerous belly blubber.*** A study from Denmark found that heavy people who drank 1 liter of the sweet stuff daily for 6 months had a 23 percent boost in visceral fat and a 139 percent increase in liver fat compared with diet-soda drinkers. Try a little fruit juice-at least it contains nutrients.

# Daily Activities and Classes at the Center

## Monday

Lap Swimming ~ 9:00~Aquatics Center  
SilverSneakers Classic~ 8:15 ~ Gym  
Open Woodshop ~ 8:30-3:00  
Massage Therapy ~ 9:00-3:00 ~ Multipurpose Room ~ (appointment only)  
Quilting ~ 9:00 ~ Room 303  
High Impact Aerobics ~ 9:15 ~ Gym  
Camera Club ~ Go to [www.scphotogroup.com](http://www.scphotogroup.com)  
Happy Day Singers ~ 9:45  
Clay, Intermediate / Advanced ~ 10:00 ~ Clay/Ceramic Studio  
Strength Training ~ 10:15 ~ Gym  
Knitting ~ 1:00 ~ Room 303  
Table Tennis ~ 2:00 ~ Gym  
Volleyball ~ 4:00 ~ Gym  
Mahjong ~ 1:30 ~ Multipurpose Room

## Tuesday

Lap Swimming ~ 9:00~Aquatics Center  
Massage Therapy ~ 9:00-3:00 ~ Multipurpose Room ~ (appointment only)  
Zumba Fitness ~ 8:15 a.m.  
Open Woodshop– 8:30-3:00  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Room  
Strength Training ~ 9:30 ~ Gym  
Basket weaving ~ 10:00 ~ Room 303  
Renaissance Strings ~ 10:00 ~ Atrium  
Sing Along ~ 10:15 ~ Cafeteria  
Exercise for Everybody ~ 10:30 ~ Gym  
Beginning Dulcimer ~ 11:00 ~ Atrium  
Shuffleboard ~ 1:00 ~ Ceramics Hallway  
Pickleball ~ 1:00 ~ Gym  
Basketball ~ 4:00 ~ Gym  
Ballroom Video Class ~ 4:30pm ~ Room 302

## Wednesday

Lap Swimming ~ 9:00~Aquatics Center  
SilverSneakers Classic~ 8:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Open Woodshop ~ 8:30-3:00  
High Impact Aerobics ~ 9:15 ~ Gym  
Clay, Intermediate / Advanced ~ 10:00 ~ Clay/Ceramic Studio  
Strength Training ~ 10:15 ~ Gym  
Intermediate Clogging ~ 11:15 ~ Room 302  
Hand and Foot Card Game ~ 12:30 ~ Card Room

Belly Dancing ~ 1:00 ~ Room 302  
Table Tennis ~ 1:00 ~ Gym

## Thursday

Lap Swimming ~ 9:00~Aquatics Center  
Zumba Fitness ~ 8:15 a.m.  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
Woodcarving ~ 9:00 ~ Room 303  
Strength Training ~ 9:30 ~ Gym  
Beginning Clogging ~ 10:00 ~ Room 302  
Exercise for Everybody ~ 10:30 ~ Gym  
Intermediate Dulcimer ~ 11:00 ~ Atrium  
Beginning Belly Dance ~ 11:30 ~ Room 302  
Jam Session ~ 12:30 ~ Cafeteria  
Volleyball ~ 1:00~ Gym  
Shuffleboard ~ 1:00 ~ Ceramics Hallway  
Piano lessons ~2:00 ~ Multipurpose room (appointment only)  
Pickleball ~ 4:00 ~ Gym

## Friday

Lap Swimming ~ 9:00~Aquatics Center  
SilversSneakers Classic~ 8:15 ~ Gym  
Genealogy Group ~ 9:00 ~ Computer Lab  
High Impact Aerobics ~ 9:15 ~ Gym  
Strength Training ~ 10:15 ~ Gym  
Pickleball ~ 1:00 ~ Gym  
Bridge Group ~ 1:00 ~ Card Room

## Saturday

Basketball ~ 9:00 ~ Gym  
Table Tennis ~ 10:30 ~ Gym  
Exercise Room ~ 9:00-12Noon

**Basics of Tai Chi Classes will be held on Monday’s in Room 310 at 8:30am. This is a volunteer led class that will teach participants the basics/beginnings of tai-chi. Free. No sign up required, walk-ins welcome!**

TRAVEL AND SPECIAL EVENTS

**Journey to Financial Security**– Tuesday, February 10, 2015—Card Room– 1:00p.m.-2:00p.m. – Free– Topics to be covered : Reasons to organize and manage your important papers , How to organize documents, ,What to save and what to shred ,Storing documents, Evaluating insurance coverage, Personal inventory, Special Segment - “The Good Goodbye”– Facilitated by Denise Depriest– Light refreshments will be served– Materials provided. Sign up begins: February 2nd, please sign up by February 6th.

**Candlelight Dinner**– Thursday, February 12, 2015– Room 310– 5:30p.m.-7:00p.m.– Cost: \$12.00 per person at sign up - **Come get your ticket now!**

**Beginning Scrapbooking**-Tuesday’s beginning February 17 and ending March 24– Room 303– 2:00p.m.-3:00p.m.– Cost: \$3.00 per class paid to instructor– Instructor: Carmen Miox– **Sign up begins February 2 and must sign up by February 13.**

**Barter Theater Presents: “The Miracle Worker”**- Thursday, February 26, 2015- Abingdon, VA– 10:30a.m.-6:00p.m.– Cost: \$30.00 for ticket and transportation– Lunch on your own at Ruby Tuesday- **Profoundly moving, it’s the true story of Annie Sullivan – the “Giver of Light”- and her blind and mute student, Helen Keller. Only Annie realizes that a mind and spirit are waiting to be rescued from her dark, tortured silence. Annie’s success with Helen finally comes with the utterance of a single, glorious word: “water.” -Sign up begins February 3.**

**Beginning Drawing**

Friday, February 27, 2015  
1:00p.m.-4:00p.m.  
Room 303  
Cost: \$20.00 paid to instructor

Instructor: Anne Thwaites

Learn basics on how to draw

**Sign up begins February 2nd**

**Bob Ross Style Painting**

Wednesday, February 18, 2015  
10:00a.m.-2:00p.m.  
Room 303  
Cost: \$50.00 paid to instructor  
Jay Holdway

**See example in display case.  
Bring your lunch.**

**Sign up begins January 21**

**Cooking with Tracy**

Monday, February 9, 2015  
Lounge  
11:00a.m.-12:30p.m.  
Cost: \$2.00

**Sign up begins January 21.**

TRAVEL AND SPECIAL EVENTS

Barter Theater Presents: "The Road to Appomattox" Stage II

Thursday, February 12, 2015  
Abingdon, VA  
10:30a.m.-6:00p.m.

Cost: \$30.00 ticket/transportation  
Lunch on your own at Red Lobster

It's 150 years ago and General Robert E. Lee is fleeing Richmond, hoping to rearm the Army of Northern Virginia and mount a campaign to retake Richmond. It's also 2015 and Steve "Beau" Weeks decides to retrace the steps of Lee's army in hopes of finding his roots through his family's history. But will this confrontation with history bring renewal or will it end his marriage to Jenny?

Sign up begins February 3.

Wohlfahrt Haus Presents: "Back to the 50's"

Thursday, March 26, 2015  
Wytheville, VA  
9:45a.m.-6:00p.m.  
Cost: \$45.00 all inclusive

Come down with the "Rockin' Pneumonia and the Boogie Woogie Flu" by joining WHDT's singers, dancers and live band as we relive those happy, carefree days that "Only You" will always remember! "In the Still of the Night", "Let the Good Times Roll" on "Blueberry Hill" while you "Shake, Rattle & Roll" to rekindle all the great memories of this golden age! As you bid "Good Night Sweetheart" to our fabulous performers and musicians, you will exclaim "Sh-boom' "Sh-boom', I'm so glad I came!"

Sign up begins February 5.

Nancy's Candy Company: Tour of Candy/Fudge Factory and Lunch at Chateau Morrisette with tour and Wine Tasting

Thursday, February 5, 2015  
Meadows of Dan, VA  
8:30a.m.-5:30p.m.  
Cost: \$8.00 for transportation

Are you looking for something to get your sweetheart for Valentine's Day? What about a batch of fresh candy and you can even see it being made right before your very own eyes! You will also receive 10% of your purchase.

Lunch will be at the Chateau Morrisette along with a tour and wine tasting.

Spacious dining rooms high atop the misty Blue Ridge Mountains feature the season's harvest of fresh local ingredients at The Restaurant at Chateau Morrisette. Sensitive to the preservation and prosperity of our rich cultural environment, the restaurant offers southern regional cuisine in an atmosphere of rustic elegance. From simple entrees to complex appetizers and creative desserts, our food is prepared to create the ultimate culinary experience. Expertly paired with our award-winning wines, the restaurant's mission is to inspire your return and create warm memories.

There will be a menu available at sign-up to preview.  
There are 20 spots left for this trip so don't wait!

SIGN UP NOW!!!!



# Your Page

## From the Dancing Corner

Bring your special Valentine to the Renaissance Center on February 13, 2015. Line dancing will begin at 6:30 and the SUN-DOWN band will take over from 7-10 PM. To further the celebration, refreshments and coffee will be served in the Atrium during intermission.

This is an inaugural performance by SUN-DOWN, a 4 piece band based in Kingsport. This group is comprised of seasoned musicians who are



veterans of the local music scene. Get ready to waltz, cuz they got the tunes.

“We enjoy playing the music and know you will have a good time!” Lead singer and guitarist Junior Hensley is a founding member

of the Sundown Band since the 80's. Lead guitarist Jimmy Ball spent several years playing at Dollywood. Drummer Jamie Hickman has been playing music for over 25 years. Bassist Mike Smith rounds out the group on bass guitar.

## Massage Therapy

Mondays and Tuesdays  
9:00a.m.-3:00p.m. with Barbara Keesecker  
call 423 - 735-7475  
30 minute massage  
Cost: \$20.00  
Call to schedule appointment

**Don't forget to “Like” our facebook page! Facebook is a great way to find out about upcoming events as well as see what's happening at the Kingsport Senior Center daily!**

## **Kingsport Senior Center Advisory Council Members:**

|                        |                   |
|------------------------|-------------------|
| Bruce Shine (Chairman) |                   |
| Bob Winstead           | Brenda Cunningham |
| Jean Chang             | Norma Livesay     |
| Carmon Moix            | Lester Pridemore  |
| Frances Cottrell       | Carol Woodard     |
| Mary Porter            | Pat Breeding      |



NEWS TO USE

**The Kingsport Senior Center**  
**Inclement Weather Policy**

The Kingsport Senior Center runs on the Kingsport City School schedule. This means if Kingsport City Schools are **closed**, then all regular scheduled classes at the Senior Center will be **cancelled**. The building, however, will still be open which would includes the billiards room, exercise room, gymnasium, computer lab and ceramic room. If Kingsport City Schools are on a **delay**, the Kingsport Senior Center will run a **regular schedule**.

**AARP Tax Assistance**– February 5, 2015- April 9, 2015– 8:00a.m.-3:00p.m.– Call 392-8400 to make appointment-Sign up now!

**Beginning Sewing One Day Workshop** – Tuesday, February 24, 2015– Room 303– 1:00p.m.-5:00p.m.– Cost: \$40.00 for members; \$50.00 non members– Instructor: John Paultah – Requirement: Bring your sewing machine– Will make a pair of lounge pants. **Sign up now!**

**Woodburning– Winter Scene coaster on cork**– Thursday, February 26, 2015– Room 303 – 1:00p.m.– Cost: \$20.00 paid to instructor day of class– Instructor: Sharon Chase – See example in display case – bring your wood burner - **Sign up now!**

**Reverse Mortgages Seminar “Info to Know”**- Thursday, April 9, 2015– Card Room– 12:30p.m.-1:30p.m.– Free– **Sign up begins February 20.**

**Recipe of the Month**

Easy Crockpot Orange Chicken

**Ingredients:**

4-5 boneless, skinless chicken breasts  
3/4 cups Smucker’s orange marmalade  
3/4 cups Sweet Baby Rays BBQ sauce  
2 tbsp Soy Sauce

**Directions:**

- Place chicken in Crockpot and cook on high for 3 hours.
- After 3 hours, drain juices from Crock-pot
  - -In a small bowl, mix together BBQ, Orange Marmalade and Soy Sauce
- Pour over chicken and cook on high 30 more minutes
- ENJOY!

\*May also fry chicken in electric skillet. Let chicken brown and get crisp then pour glaze over chicken and let simmer.

If you have a recipe you would like to share please bring it by the front office or email to  
amberquillen@kingsporttn.gov

**Game Day**– Monday, February 16, 2015– Card Room– 12:30p.m.-2:00p.m.– Free Sign up begins January 26.



**Computer Class Schedule**

**Basic Computer**– Tuesday’s Feb 3, 10– 1:00p.m.-3:30p.m.– Cost \$25.00

**Microsoft Word**– Tuesday’s Feb 24 and March 3, 10, 17– 1:00p.m.-3:30p.m.– Cost: \$25.00

**Iphone Series**– Thursday’s February 19-March 5– Card Room– 5:00-6:30p.m.– FREE-Sponsored by Sullivan County Library via a FACT Grant – Bring your iphone– February 19-iphone 4/4s– February 26– iphone 5/5s/5c– March 5– iphone 6/6plus. Sign up begins Feb 2nd.

**Craft Day**– Wednesday, February 11, 2015– Room 303– 10:00a.m.-11:30a.m.– FREE– Make a Valentine Craft for Valentine’s Day– **Please sign up by February 9.**

**Winter Trees in Acrylic**– Thursday, February 12, 2015-Room 303– 1:00p.m.-3:30p.m.– Cost: \$25.00 paid to instructor– supply list available at sign up– see example in display case. Instructor: Sharon/ Dan Chase– **Sign up begins January 26.**

**Benefits of Meditation**– Tuesday’s beginning on February 17– Card Room– 9:30a.m.-10:30a.m.– Cost: \$5.00 per class paid to instructor– Instructor: Lee Stone– Lee Stone began his private counseling practice in 1990. He is nationally certified in Neuro-Linguistic Programming Psychotherapy and Clinical Hypnotherapy with the International Assoc. of Counselors and Therapists. Meditation Benefits: Lower high blood pressure, enhance immune system, decrease pain, helps memory, improved longevity, reduces inflammation, lowers cholesterol, increased emotion stability, better concentration– **Sign up begins February 2.**

**AARP SAFE DRIVING**– Wednesday, February 25 and Thursday, February 26– Room 230– 9:00a.m.-1:00p.m.– Cost: \$15.00 for members and \$20.00 non members– **Sign up now!**

**Woodcarving– Spring Bunny Rabbit**– Wednesday, March 4, 2015– Room 303– 9:00a.m.-Noon– Bring carving tools– See example in display case– Cost: \$20.00 paid to instructor Dan Chase – **Sign up begins February 4.**

**Manicures**

Tuesday, February 10, 2015  
Multipurpose Room  
11:30a.m.-2:00p.m.  
Cost: \$2.00

Dobyns-Bennett cosmetology students

**Sign up now.**

**KARAOKE:  
Tuesday, February 17, 2015**



**SMILE: Volunteers Wanted**

- (See Michelle if interested)
- Library Book Day
  - Volunteer Instructors
  - Welcome Center: Tour guides/Greeters for Center
  - Exercise Room
  - Entertainment
  - Program Liaison
  - Computer Lab
  - Nutritional Assistant

**Attend SMILE meeting- Thursday, February 12 at 2:00 in Room 239.**

**Library Book Day  
Thursday, February 19, 2015**

# Winter Session Classes 2015

Classes begin week of January 5, 2015—week of March 23, 2015, unless otherwise noted.

**Aerobics**

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am - 10:00am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi Impact Aerobics

**Ballroom Video Class**

- Tuesday
  - Time: 4:30pm - 6:00pm
  - Room 302
- No instructor, practice on own

**Basic Photography**

- Tuesday and Thursday
- January 20 - 29, 2015
- 3:00p.m.-5:00p.m.
- Instructor: Claude Kelly
- Location: Room 230
- Sign up begins December 8th; sign up by January 2nd.

**Basket weaving**

- Tuesday
- Time: 9:00am-12:30pm
- Location: Room 303
- Instructor: Lynne Bowers

**Belly Dance for Beginners (Women Only)**

- Thursday
- Time: 11:30am-12:30pm
- Location: Room 302
- Instructor: Angela Price

**Belly Dancing - (Women Only)**

- Wednesday
- Time: 1:00pm
- Location: Room 302
- Instructor: Angela Price
- Great for your abdominals

**Camera Club**

Please visit website for meeting times.  
Instructor: Claude Kelly  
Website: [www.scphotogroup.com](http://www.scphotogroup.com)

**Ceramics**

- Tuesday and Thursday
- Time: 9:00am - 11:00am
- Location: Ceramic/Clay Studio
- Instructor: Mary Lamson
- Please remember your annual \$10 firing fee**

**Clay (Intermediate Hand building)**

- Monday Beginning Jan 5 - March 30, 2015
- Sign up starts December 15th
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00, plus \$10.00 firing fee
- Limit 16 people.
- Pay at signup; no refunds

**Clay (Intermediate Hand building)**

- Wednesday beginning Jan 7 – April 1, 2015
- Sign up starts December 15th.
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00, plus \$10.00 firing fee
- Limit 16 people.
- Pre-requisite must have taken beginning hand building.

**Clogging - (Beginning)**

- Thursday
- Time: 10:00am-11:30am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Sign up in office

**Clogging - (Intermediate)**

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

**Dulcimer (Beginners)**

- Tuesday
- Time: 11:00am
- Location: Atrium
- Instructor: Sharon McCurry
- Learn to play this beautiful Instrument

**Intermediate Dulcimer**

- Thursday
- Time: 11:00am
- Location: Atrium
- Instructor: Mark Farmer

**Exercise for Everybody**

- Tuesday & Thursday
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle

# Winter Session Classes 2015

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| <p><b>Happy Day Singers</b></p> <ul style="list-style-type: none"><li>Monday</li><li>Time: 9:45am</li><li>Inspirational singing at nursing homes</li></ul> <p>Any member wanting to participate meet outside the senior center office each Monday at 9:00 a.m. we travel by bus to the location where we are scheduled to sing.</p> <p><b>Jam Session</b></p> <ul style="list-style-type: none"><li>Thursday</li><li>Time: 12:30 noon</li><li>Location: Cafeteria</li><li>Bring your instrument and play with the group, dance or just enjoy the music!</li></ul> <p><b>Karaoke</b></p> <ul style="list-style-type: none"><li>3rd Tuesday each month</li><li>Time: 4:00pm</li><li>Location: Cafeteria</li><li>Bring a snack</li></ul> <p><b>Knitting Class</b></p> <ul style="list-style-type: none"><li>Monday</li><li>Time: 1:00 - 3:00pm</li><li>Location: Room 303</li><li>Instructor: Barbara White</li><li>All skill levels</li></ul> <p><b>Lap Swimming</b></p> <ul style="list-style-type: none"><li>M-F</li><li>Time: 9:00am-11:00am</li><li>Location: Aquatics Center</li><li>No instructor, lap swimming</li><li>Locker room and warm water pool available for use.</li></ul> | <p><b>Mahjong</b></p> <ul style="list-style-type: none"><li>Monday</li><li>Time: 1:30pm</li><li>Location: Multipurpose Room</li><li>Instructor: Jean Chang</li></ul> <p>Beginners to Advanced players Welcome.</p> <p><b>Mini Cardio Exercise Class</b></p> <ul style="list-style-type: none"><li>Tuesday &amp; Thursday</li><li>Time: 8:45am - 9:15am</li><li>Room: 302</li><li>Instructor: Roger Hixson</li></ul> <p><b>Piano Lessons</b></p> <ul style="list-style-type: none"><li>Thursdays</li><li>Time: 2:00pm-4:00pm</li><li>Room: Multipurpose Room</li><li>Instructor: Freda Karsnak</li><li>Fee: \$15.00 paid to instructor</li><li>Call to schedule appointment 423-292-2711</li></ul> <p><b>Quilting</b></p> <ul style="list-style-type: none"><li>Monday</li><li>Time: 9:00am - 10:30am</li><li>Location: Room 303</li><li>Instructor: John Plutchak</li></ul> <p><b>Renaissance Strings</b></p> <ul style="list-style-type: none"><li>Tuesday</li><li>Time: 10:00am - 11:00am</li><li>Location: Atrium</li><li>Instructors: Mark Farmer</li></ul> <p><b>Rook</b></p> <ul style="list-style-type: none"><li>Tuesday</li><li>4:00pm</li><li>Card Room (Bring snack to share)</li></ul> | <p><b>SilverSneakers Classic</b></p> <ul style="list-style-type: none"><li>Monday, Wednesday &amp; Friday</li><li>Time: 8:15am - 9:00am</li><li>Location: Gym</li><li>Low Impact Aerobics</li><li>Instructor: Terri Bowling</li></ul> <p><b>Strength Training</b></p> <ul style="list-style-type: none"><li>Monday, Wednesday &amp; Friday</li><li>Time: 10:15am - 11:00am</li><li>Location: Gym</li><li>Instructor: Terri Farthing</li></ul> <p><b>Strength Training</b></p> <ul style="list-style-type: none"><li>Tuesday, Thursday</li><li>Time 9:30am - 10:30am</li><li>Location: Gym</li><li>Instructor: Kevin Lytle</li></ul> <p><b>Tai-Chi</b></p> <ul style="list-style-type: none"><li>Wednesday</li><li>Time: 8:30am</li><li>Location: Senior center, Room 310</li><li>Instructor: Hang Lei</li></ul> <p><b>Woodcarving</b></p> <ul style="list-style-type: none"><li>Thursdays</li><li>Time: 9:00am - 12:00 noon</li><li>Location: Room 303</li><li>Beginners welcome</li></ul> <p><b>Woodshop</b></p> <ul style="list-style-type: none"><li>Monday, Tuesday, Wednesday</li><li>Time: 8:30am-3:00pm</li><li>Location: Woodshop</li><li>Volunteer Instructors</li><li>Complete woodshop. <b>Safety test Required, given 1st Monday of each month at 9 am.</b></li></ul> <p><b>Zumba</b></p> <ul style="list-style-type: none"><li>Tuesday and Thursday</li><li>Time: 8:15am</li><li>Location: Gym</li><li>Instructor: Terri Bowling</li></ul> |
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# Winter 2015 BRANCH SITE SCHEDULE

*New class schedule begins week of January 5th unless otherwise noted.*

**Core Conditioning**

- Monday and Wednesday
- Time: 9:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

**Beginning Crochet (January 13)**

- Tuesday
- 6 week class
- 10:00-11:00
- Instructor: Susan Egan
- Location: Lynn View Branch Site
- \$20.00
- Must be right handed, call for materials list. 765-9047

**Intermediate Crochet (January 13)**

- Tuesday
- 6 week class
- Instructor: Susan Eagan
- Location: Lynn View Branch site
- 11:30-12:30
- \$20.00
- Bring your own pattern

**Intermediate/Advanced Drawing**

- Tuesday
- Time: 10:00-12:00
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Must have taken the beginning class or have permission of the instructor

**Line Dance - Beginning**

- Monday
- Time: 11:30am - 12:30pm
- Location: Renaissance Center Gym
- Instructor: Lyna Faye McConnell
- 

**Line Dance - Intermediate**

- Monday
- Time: 12:45pm –1:45pm
- Location: Renaissance Center Gym
- Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.

**Advanced Yoga**

- Tuesday and Thursday
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC Rec. Room
- Instructor: Tish Kashdan

**Private Personal Training with Chris**

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

**Artist and Crafters Monthly Breakfast**

- 2nd Wednesday \*NOTE DATE CHANGE
- 9:30am
- Lynn View Branch Site
- Please call for reservation 765-9047

**Yoga**

- Tuesday and Thursday
- Time: 11:30am - 12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

**SilverSneakers Classic**

- Monday and Wednesday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

**Piloxing**

- Tuesday and Thursday
- Time: 9:30am
- Location: Colonial Heights Baptist Church
- Instructor: Terri Bowling
- This class is a combination Pilates and kick boxing and is an intense workout.

**Total Body Workout**

- Monday and Wednesday
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor, Terri Bowling

**Game Day**

- 3rd Monday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: TBA
- Sequence and variety of board games

**Pickleball**

- Monday and Wednesday
- Time: 10:00pm - 12:00pm
- Lynn View Branch Site

**Silver Sneakers Yoga**

- Wednesday
- Time: 11:00am
- Location: Colonial Heights (Sept 3) Baptist Church
- Instructor: Darlene Taylor

**Indoor Walking**



- Monday - Friday
- Time: 9:00am - 12:00 noon
- Location: Colonial Heights Baptist Church walking track
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

**Silver Sneakers Yoga**

Monday and Wednesday  
Time: 11:00  
Location: Lynn View Branch Site  
Instructor: Chris Hicks

**Artists Wanted**

The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for information. 423-765-9047. Visit our website [www.kingsportseniorartisancenter.com](http://www.kingsportseniorartisancenter.com) And like us on Facebook

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| <div data-bbox="110 475 687 615">  </div> <div data-bbox="110 693 687 1019"> <p>Kingsport Adult Education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400. All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.</p> </div> <div data-bbox="110 1059 288 1094"> <p><b>JOB SKILLS</b></p> </div> <div data-bbox="124 1174 514 1439">  </div> <div data-bbox="110 1575 687 1867"> <p><b><u>2011 National Electric Code (Residential) Begins January 26</u></b></p> <ul style="list-style-type: none"> <li>• 8 Weeks</li> <li>• Fee \$75</li> <li>• Monday 6:00pm-8:00pm</li> <li>• Instructor: Chris Ferrell, Electrical Inspector</li> <li>• Location: Renaissance Center Cafeteria</li> </ul> </div> <div data-bbox="110 1942 556 1976"> <p><b><i>CULTURAL/ARTS/CRAFTS</i></b></p> </div> <div data-bbox="110 2051 687 2567"> <p><b><u>Beginning Chinese Class</u></b><br/> Wednesdays 11 classes<br/> 3:45 P.M.<br/> Instructor: Jean Chang<br/> Fee:\$55 per child or \$75 for child with a parent<br/> Location: Kingsport Renaissance Center</p> <p><b><u>Intermediate Chinese Class</u></b><br/> Wednesdays 11 classes<br/> 4:45 p.m.<br/> Instructor: Jean Chang<br/> Fee:\$55 per child or \$75 for child with a parent<br/> Location: Kingsport Renaissance Center</p> </div> | <div data-bbox="711 475 1276 727"> <p><b><u>Beginning Sewing Workshop</u></b></p> <ul style="list-style-type: none"> <li>• Tuesday, February 24, 2015</li> <li>• Instructor: John Paultah</li> <li>• Time: 1:00p.m.-5:00p.m.</li> <li>• Location: Room 303 Senior Center</li> <li>• Cost: \$40 for members; \$50 for non members. Bring your sewing machine.</li> </ul> </div> <div data-bbox="711 767 1010 801"> <p><b><i>HEALTH/EXERCISE</i></b></p> </div> <div data-bbox="711 842 1241 988"> <p><b><u>Personal Training with Chris</u></b></p> <ul style="list-style-type: none"> <li>• Instructor: Chris Hicks</li> <li>• Available by the hour or as package</li> <li>• Contact Chris (423-741-5643)</li> </ul> </div> <div data-bbox="711 1028 1290 1426"> <p><b><u>Pound Fit</u></b></p> <ul style="list-style-type: none"> <li>• 6 weeks-Beginning February 9</li> <li>• \$30</li> <li>• Instructor: Terri Bowling</li> <li>• Monday/Wednesday 10:45a.m.</li> <li>• Location: Renaissance Center Gym</li> <li>• Exciting new aerobic exercise class using pound drum sticks. Drum sticks will be available for purchase</li> <li>• Sign up by February 6th and pay in of-fice first day of class</li> </ul> </div> <div data-bbox="711 1501 1290 1902"> <p><b><u>Pound Fit</u></b></p> <ul style="list-style-type: none"> <li>• 6 weeks - Beginning February 10</li> <li>• Tuesday/Thursday 5:00 p.m.</li> <li>• \$30</li> <li>• Instructor: Darlene Taylor</li> <li>• Location: Renaissance Center Gym</li> <li>• Exciting new aerobic exercise class using pound drum sticks. Drum sticks will be available for purchase</li> <li>• Sign up by February 6th and pay in of-fice first day of class</li> </ul> </div> |  |
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# *Did You Know??*

- 1. Using a warm air dryer after washing your hands, increases bacteria count on average by 250%.**
- 2. Throwing away food is now illegal in Seattle.**
- 3. Harvard is officially free for those with less than \$65,000 in annual family income.**
- 4. If the Earth didn't have the moon, our days would be only 6 hrs long.**
- 5. North America use to have beavers the size of black bears.**
- 6. Polish scientists are working on a new method to detect drunk drivers-a laser to zap your car and sniff out alcohol fumes.**
- 7. Sweden pays high school students \$187 a month to attend school.**
- 8. Processed foods lead to weight gain because your body doesn't have to work as hard to digest it.**
- 9. Male reindeer actually lose their antlers during December– so Santa's reindeer must be female.**
- 10. People who eat dinner or breakfast in restaurants double their risk of becoming obese.**
- 11. 52% of Americans cannot afford the house they are currently living in.**
- 12. American teachers are legally allowed to spank children in the classroom in 19 states.**
- 13. About 40 million years ago, Antarctica was as warm as modern-day California.**
- 14. Skittles contain crushed insect cocoons to make them shine.**
- 15. 25,000,000 of your cells died while reading this sentence.**
- 16. Coffee is most effective if consumed between 9:30a.m.-11:30a.m.**
- 17. Gold is edible.**
- 18. A teaspoon of honey is actually the lifework of 12 bees.**
- 19. Forty is the only number whose letters are in alphabetical order.**
- 20. The probability of living past 110 years old is one in seven million.**



# Kingsport Senior Center

Presents a Fabulous Trip To

## Amish Country

### Your 5 Day/4 Night Package Includes:

4 Nights Hotel Accommodations

4 Breakfasts at your Hotel

**Welcome Reception at your Hotel**

**4 Dinners Including 1 Amish Style Hearty Supper**

**Guided Tour of Amish Acres**

*Taking you deep into the heart of the oldest Amish community in the world,  
as well as some of the most beautiful farmland you'll ever set eyes upon.*

**Broadway Musical in the Majestic Round Barn Theatre**

**Enjoy a House Seats Insights Tour**

*Learn about the unique 1911 Round Barn Theatre as you sit front row in a private session with the theatre's talented Artistic Director. Hear about the dismantling and reconstruction of the round barn into a state-of-the-art theatre and learn how current productions get finalized and ready for opening.*

**Enjoy Shopping at Amish Acres and Borkholder Dutch Village**

*You will find Amish quilts, crafts and furniture as well as fresh  
produce, cheese, meats, baked goods and more!*

**Renfro Retro Revue 50's & 60's Live Show** (Subject to change)

*The Renfro Valley cast of entertainers will take you back in time performing hits from the  
1950's and 1960's, plus dancing, comedy and more!*

**Admission to the Kentucky Horse Park**

*Horses of all shapes and sizes are awaiting you at the Horses of the World Barn where there are many unique  
and rare breeds that are presented in daily summer shows along with breeds of horse that may  
be more familiar to the American public, and breeds that are special to Kentucky.*

**Guided Touring of Sugarcreek, OH**

Standard Taxes, Meal Gratuities and Baggage Handling,  
Motor Coach Transportation

**For Information and/or Reservations, Please Contact:**

**Shirley Buchanan @ 423-392-8403**

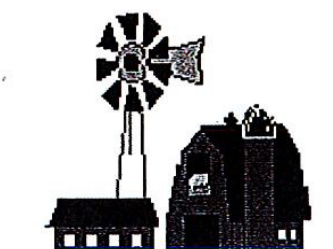
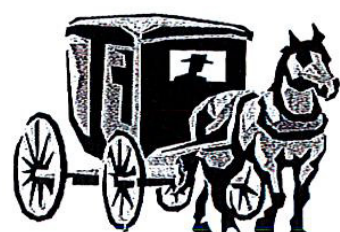
**Trip Date:** May 11 – May 15, 2015

**Price:** \$685.00 Per Person – Double Occupancy

**Travel Protection:** Travel Protection can be purchased at \$79.00/person – Double Occupancy. If you wish to  
purchase Travel Protection, please send in a separate check made payable to PML Travel & Tours.

Travel Protection should be purchased at the time of your initial deposit to ensure full benefits.

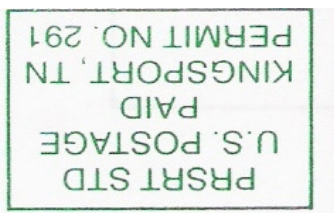
Fuel surcharges by all transportation companies may be assessed.



\$100 deposit due by February 1<sup>st</sup>

Final payment due March 20<sup>th</sup>

Sign-up Now!



**Kingsport Senior Center**  
**1200 E. Center Street**  
**Kingsport, TN. 37660**  
**Phone: 423-392-8400**

# February Follies



**Friday, February 20, 2015**  
**Cafeteria**  
**12:30p.m.**  
**Free**

Do you have a talent such as dancing, singing, playing an instrument, telling jokes, etc? If so, you need to sign up for our February Follies and show us your talent! There will be 11 time slots and will be 10 minutes each. If you just want to attend the show then you will still need to sign up in the front office because light refreshments will be served.

**Sign up begins February 3.**